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KEY=KINDLE - MALIK BRENDEN

EMOTIONAL INTIMACY

A COMPREHENSIVE GUIDE FOR CONNECTING WITH THE POWER OF YOUR EMOTIONS

Sounds True Emotions link our bodies, thoughts, and conditioning at multiple levels. And the capacity to be intimate with our emotions, teaches Robert Augustus Masters, is essential for creating fulfilling relationships, relationships in which awareness, love, passion, and integrity function as one. With *Emotional Intimacy*, this respected psychospiritual teacher and author invites us to explore: How to deepen our emotional literacy Cultivating intimacy with all of our emotions The ways that we numb our unwanted feelings, and how to revive them and welcome them back How to identify our emotions, fully experience them, and skillfully express them Resolving and healing from old emotional wounds Gender differences in emotional literacy and expression Steps for bringing greater intimacy and depth into our relationships In-depth guidance for those facing depression, anxiety, and crippling shame Why "blowing off steam" can often make us feel worse, and what constitutes healthy catharsis Navigating activity and stimulus overload, a collective emotional pandemic of our times Individual chapters for fully engaging with fear, anger, joy, jealousy, shame, grief, guilt, awe, and the full spectrum of our emotions There are no negative or unwholesome emotions - only negative or harmful things we do with them. Through real life examples, exercises, and an abundance of useful insights, Masters provides a lucid, exceptionally comprehensive guide for reclaiming our emotions, relating to them skillfully, and allowing them to resonate in ourselves and with others more deeply and richly, immeasurably deepening our lives.

SLEEPING DREAMS

iUniverse Alan Gelband was once extremely lonely and unfulfilled when he met a brilliant person who told him the key to happiness is balance. Based on those life-changing conversations, Alan wrote *Sleeping Dreams*. This is a journey that begins by admitting our deepest desire for an ideal mate. The journey continues by questioning reality in general and moves toward breaking the very barriers that stop love from happening: our negative emotions. Through poems, we meet our negative emotions and give them names and discover methods to deal with them. The first blocking emotion is anxiety. Anxiety about the future moves into fear about the future. The paralytic force of fear brings jealousy, in which self-pity occurs. This creates anger, which poisons our love and leads to guilt, and that feeling of guilt is the high-water point of negative self-indulgence. However, after understanding negative emotions, we are free to realize that present moment consciousness, affirmative action, and conscious love move us into the wide-open spaces of spiritual, physical, and emotional freedom. In this part of the journey, we float on a peaceful raft, balanced by our positive physical actions while working on our relationships, assertive business activities, and a growing spiritual awareness. It is on the raft and not on the shore that we create our ultimate connection and find our ideal mate.

HARVEST UNLIMITED

WestBow Press "Reverend Simon has emerged with a hit, and I believe it will take the world by storm. Harvest Unlimited is highly recommended for both Church leaders, believers in general and community leaders in pursuit of strategic soul winning." --Dr Elijah Maswanganyi, founder of Christ is the Answer Global Ministries, author of 35 books, RSA "In a seasoned approach, we are reminded not to witness His gospel out of duty but out of worship toward God. Harvest Unlimited is a must-have book for every local church and community." --Bishop Benjamin Dube, International gospel music maestro, senior pastor and founder of High Praise Centre, RSA "Your bookshelf is incomplete without a copy of Harvest Unlimited." --Dr Maxwell A. Masakona, author of *Turning your Breakdowns into your Breakthroughs*, senior pastor and founder of Calvary Christian Churches International, RSA "Harvest Unlimited oozes passion and carries a sense of urgency embodied in a cutting edge. I find it Holy Ghost inspired, challenging and revelatory." --Bishop Mduzi Khoza, senior pastor and founder of Zoe Faith Temples International, RSA

THE NEW-YORK MIRROR

APPLETONS' JOURNAL OF LITERATURE, SCIENCE AND ART

THE NEW YORK MIRROR

A WEEKLY GAZETTE OF LITERATURE AND THE FINE ARTS

THE SPECTATOR

SHAKESPEARE'S DRAMATIC PERSONS

Rowman & Littlefield To refine a critical understanding of early modern acting styles, *Shakespeare's Dramatic Persons* explores how the classical rhetorical tradition would inform an actor's personation of character.

TRANSFORMATION THROUGH INTIMACY, REVISED EDITION

THE JOURNEY TOWARD AWAKENED MONOGAMY

North Atlantic Books A comprehensive guide to intimacy through greater self-awareness—for those who want more loving, passionate, and liberating monogamous relationships Intimate relationship has long been viewed and lived as a lesser alternative to spiritual life. More recently, the need to integrate our spiritual and intimate lives, rather than maintaining separate spheres and relationships on autopilot, has become increasingly apparent. Given the high rates of infidelity and divorce, it would seem that the possibilities of freedom through intimacy have not been explored in much depth. Too often we pull away when relationships become difficult, missing out on the rewards of connecting more profoundly. The passage from immature to mature monogamy is not only a journey of ripening intimacy with a partner, but also a journey into and through zones of ourselves that may be very difficult to accept and integrate with the rest of our being. Transformation through Intimacy explores intimate relationships through a four-stage lens: me-centered, we-centered codependent, we-centered codependent, and being-centered. Bringing his many years of experience as a psychotherapist and spiritual practitioner to the subject, relationship expert and integral psychoterhapist Robert Augustus Masters shows readers not only how to navigate the thickets of reactivity, conflict, shame, anger, fear, and doubt, but how to understand them in a new light so that a deeper level of relating to oneself and one's partner becomes possible, opening new levels of trust, commitment, and love.

LETTING GO

THE PATHWAY OF SURRENDER

Hay House, Inc Letting Go describes a simple and effective means by which to let go of the obstacles to Enlightenment and become free of negativity. During the many decades of the author's clinical psychiatric practice, the primary aim was to seek the most effective ways to relieve human suffering in all of its many forms. The inner mechanism of surrender was found to be of great practical benefit and is described in this book. Dr Hawkins's previous books focused on advanced states of awareness and Enlightenment. Over the years, thousands of students had asked for a practical technique by which to remove the inner blocks to happiness, love, joy, success, health and, ultimately, Enlightenment. This book provides a mechanism for letting go of those blocks. The mechanism of surrender that Dr Hawkins describes can be done in the midst of everyday life. The book is equally useful for all dimensions of human life: physical health, creativity, financial success, emotional healing, vocational fulfillment, relationships, sexuality and spiritual growth. It is an invaluable resource for all professionals who work in the areas of mental health, psychology, medicine, self-help, addiction recovery and spiritual development.

INVISIBLE CHAINS

OVERCOMING COERCIVE CONTROL IN YOUR INTIMATE RELATIONSHIP

Guilford Publications When you are showered with attention, it can feel incredibly romantic and can blind you to hints of problems ahead. But what happens when attentiveness becomes domination? In some relationships, the desire to control leads to jealousy, threats, micromanaging--even physical violence. If you or someone you care about are trapped in a web of coercive control, this book provides answers, hope, and a way out. Lisa Aronson Fontes draws on both professional expertise and personal experience to help you: *Recognize controlling behaviors of all kinds. *Understand why this destructive pattern occurs. *Determine whether you are in danger and if your partner can change. *Protect yourself and your kids. *Find the support and resources you need. *Take action to improve or end your relationship. *Regain your freedom and independence.

ANCHOR BIBLE DICTIONARY: SI-Z

GARDENERS' CHRONICLE

THE GARDENERS' CHRONICLE AND AGRICULTURAL GAZETTE
